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ABSTRACT

The middle years of childhood are challenging for both children and their parents, as children master skills and develop behaviors that will strongly influence their later health and well-being. This parenting manual offers up-to-date information and guidelines on key emotional, physical, and behavioral issues that parents of school-age children confront. The nine parts in the guide are: (1) "Promoting Health and Normal Development," including physical development, safety and injury prevention, and sexuality; (2) "Nutrition and Physical Fitness," including special diets, and physical fitness and sports; (3) "Personal and Social Development," including the child's developing sense of self, and dealing with prejudice; (4) "Behavior and Discipline," including communicating with the child, and managing common behavior problems; (5) "Emotional Problems and Behavior Disorders," including stress, habit formation, fears and phobias, and child abuse; (6) "Family Matters," including strengthening the family, developing as a parent, siblings and sibling rivalry, divorce, single parenting, and stepfamilies; (7) "Children in School," including parent involvement, and learning disorders; (8) "Chronic Health Problems," including school issues for chronically ill children, and family adjustment; and (9) "Common Medical Problems," including chronic problems such as asthma and diabetes, and common emergencies, such as bleeding, seizures, and poisoning. (HTH)

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